

INNER ENGINEERING Benefits

Inner Engineering for Better Living

For centuries, the ancient science

Offline

this potent discipline testify to its enormous benefits. Modern medicine has acknowledged the impact that regular practice of yoga can have on overall health and wellbeing.

While yoga has become synonymous with physical postures and exercise, it is not limited to that alone. Yoga means that which takes you to a higher dimension or higher perception of life. Yoga is a holistic approach that encompasses overall human wellbeing; body, mind, emotions and energy.

Inner Engineering offers a comprehensive process to align your body, mind, emotions and energy. The course includes a daily practice called *Shambhavi Mahamudra Kriya*, also known as *Shambhavi Kriya*. *Shambhavi Kriya* is a simple, but transformative practice which brings about immense physical and psychological benefits, and much more.

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Los Angeles Apr 21-22, 2018

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Health is not just being disease-free. Health is when every cell in your body is bouncing with joy.

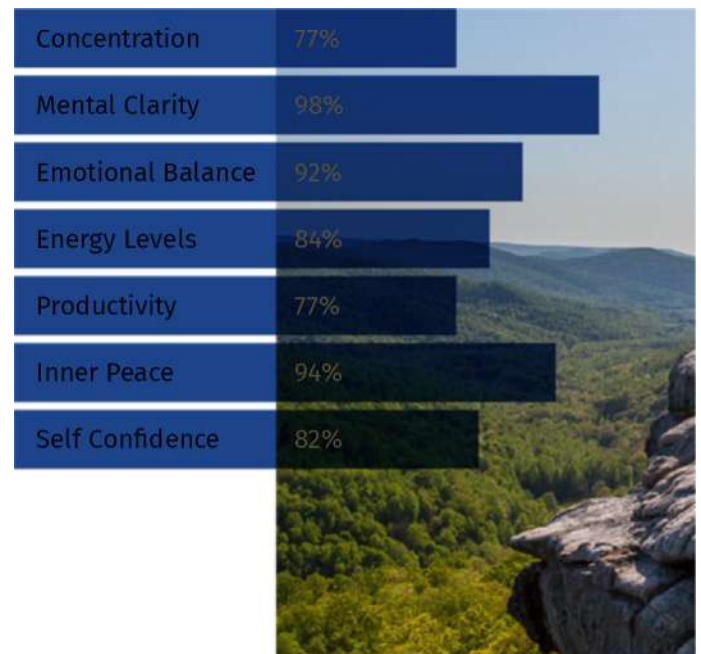
– Sadhguru

Seeking relief?

Inner Engineering Improves Wellbeing for Vast Majority of Practitioners.

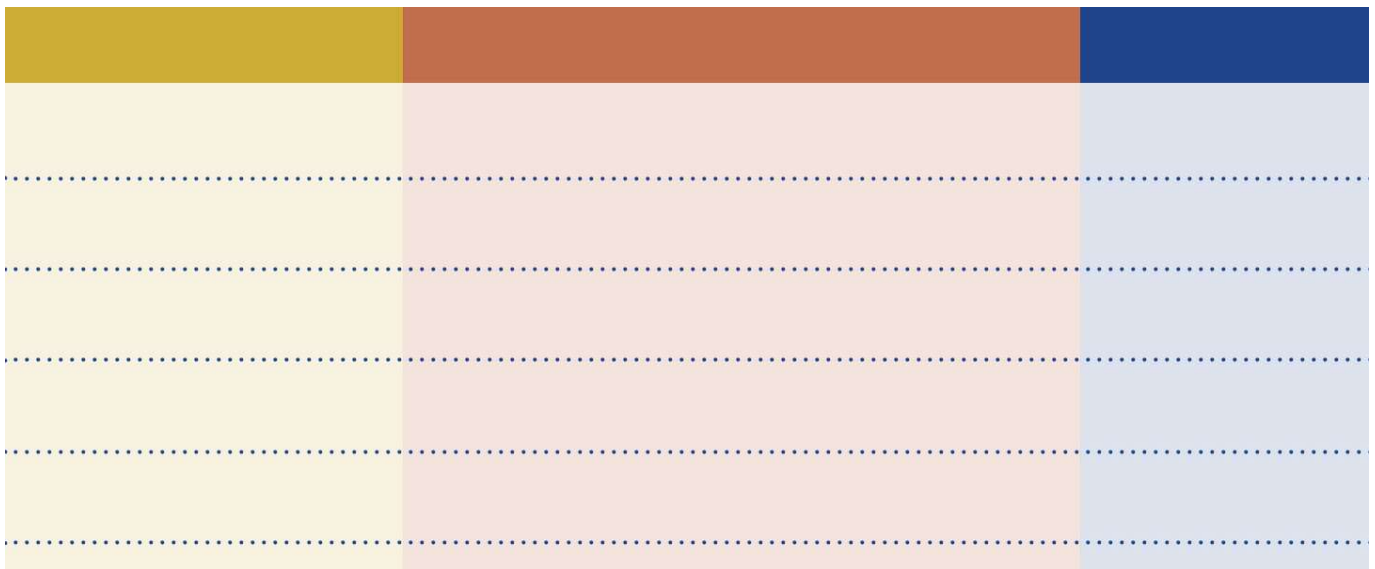
A survey of *Shambhavi Kriya* practitioners found that doing these practices for a minimum of one year had significant mental and emotional benefits.

A study conducted on 536 Isha practitioners showed improvement in the following areas:

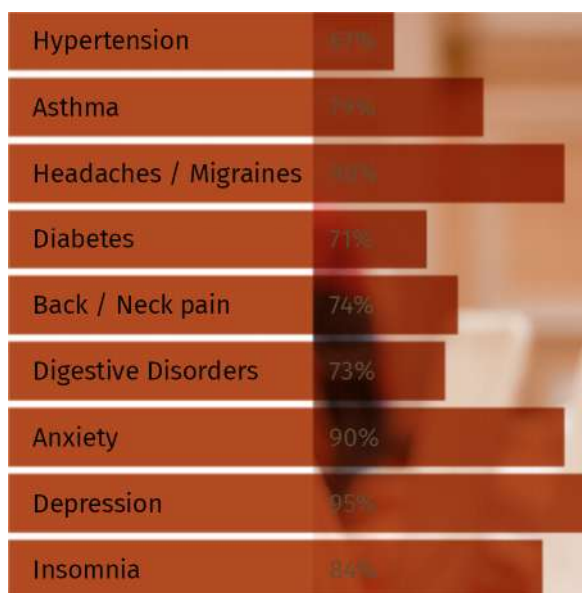


How the Body Works

The whole system of yoga is based on the spine. Many of our vital functions are regulated by the spine through the autonomic nervous system. There are two components of this system: the sympathetic nervous system (survival response) and the parasympathetic nervous system (restful response). These systems function in a complementary manner – when one is on, the other is off. When the mind perceives a threat, the body reacts by releasing hormones which speed up the heart rate, slow down digestion, increase the breathing rate and muscle contraction preparing the body to fight or flee from danger. However in modern times, this response can even be triggered by traffic, conflicts with others, or any stressful situations. On a regular basis, stress hormones flow into our bodies for events that pose no real threat to our physical survival causing damage to the body over time.



Percent of people reporting **improvements** with regular kriya practice



Seeking Relief?

Shambhavi Kriya alleviates ailments.

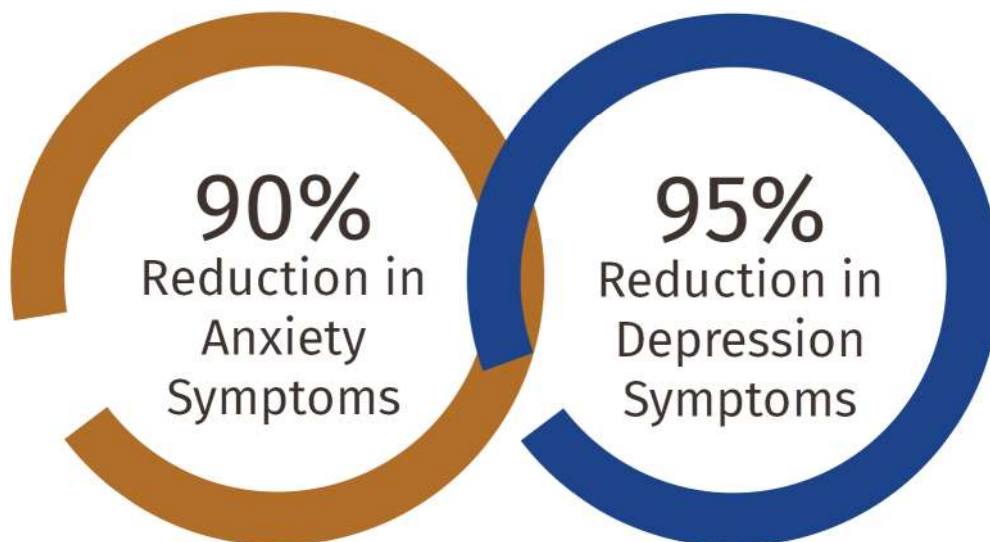
Common chronic ailments such as high blood pressure, diabetes, and asthma can be alleviated by Shambhavi Kriya. These disorders can be the result of an overactive stress response. Being in a state of relaxation through Shambhavi Kriya alleviates chronic ailments and improves your immune system and healing. It also improves mental health by reducing anxiety, stress and depression, allowing you to be happier.

“If you learn to create the

*mind, and emotion, your
health, wellbeing, and joy
– everything will be taken
care of.”*

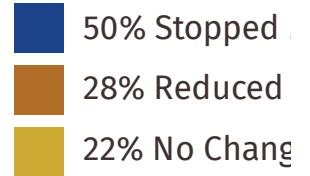
– Sadhguru

Shambhavi Kriya Reduces Anxiety & Depression



Following percentage

reported reduction in their medication intake.



Shambhavi Kriya Makes You Restful

Restfulness Ratio = $\frac{\text{Restful Response}}{\text{Survival Response}}$

The 'Restfulness Ratio' is the comparison between the 'restful' response and the 'survival' response.

A study shows those who



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Regularly for a minimum of 1 year

had a Restfulness Ratio of 3.93 (Muralikrishnan K et al). Those who did not had a ratio of 0.54.



The greater the Restfulness Ratio, the more rest you are getting. As the numbers indicate, those practicing Inner Engineering kriyas are far more restful.

Relaxed Brainwave Patterns

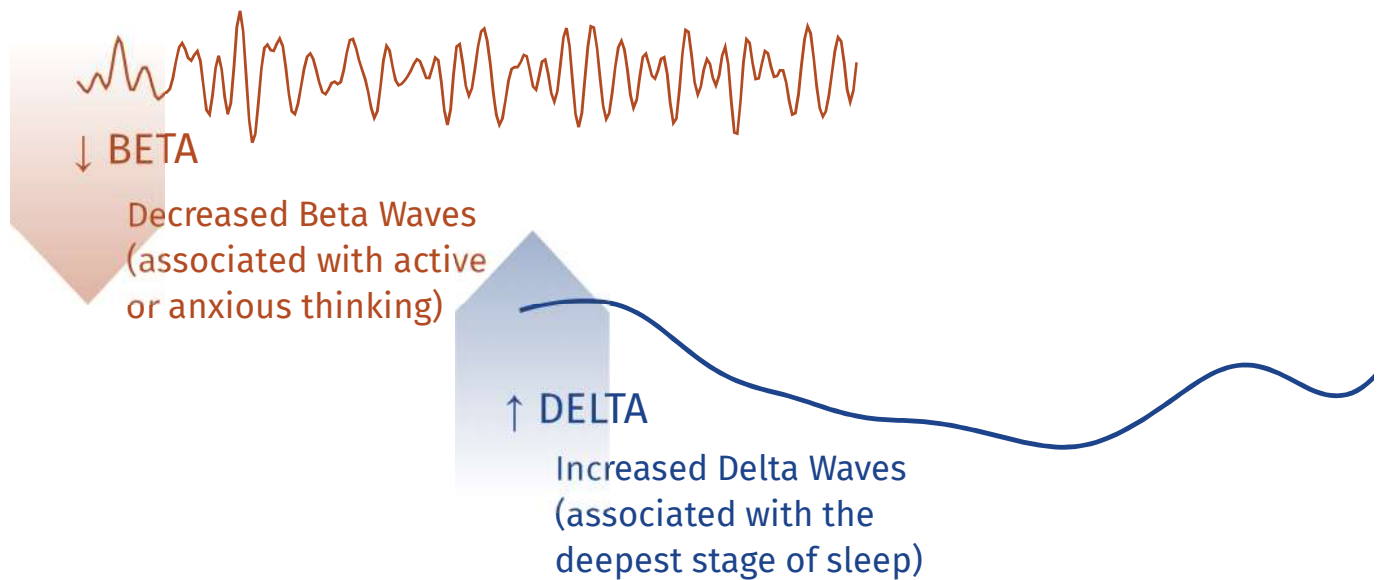
This relaxation can also be seen in the brain. A study (Santhosh et al) observed the brain waves for those practicing Shambhavi Kriya and demonstrated the following:

- Greater coherence between the left and right sides of the brain
- Increased alpha waves

Shambhavi



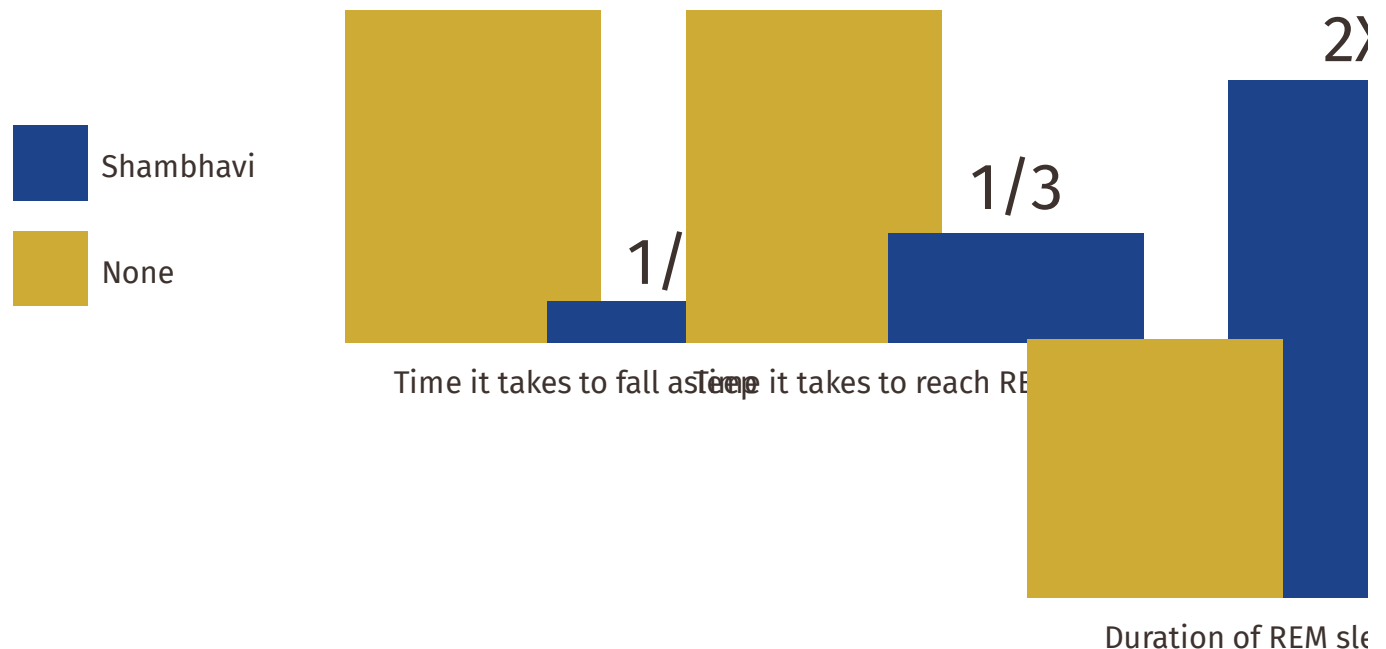
has been shown to increase the most restful brain wave patterns.



An increase in alpha waves and a decrease of beta waves demonstrates that those practicing *Shambhavi Kriya* are generally more relaxed. Furthermore, the increase in theta and delta waves immediately after *Shambhavi Kriya* demonstrates the practice's capacity to bring you into a very deep and restful state. *Shambhavi Kriya* gives you the type of rest, relaxation, and regeneration that is normally seen in the deepest stages of sleep.

Shambhavi Kriya Gives Practitioners Better Sleep

A study (Vinchurkar et al) was conducted comparing sleep quality for those practicing Shambhavi Kriya vs. those who do not practice.

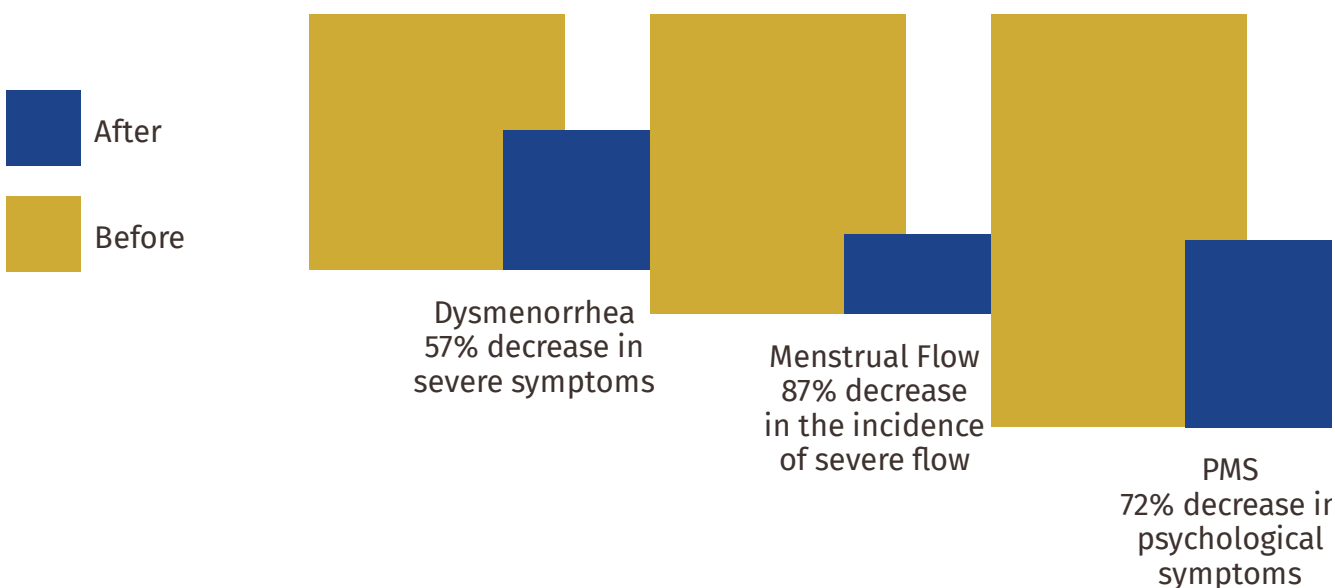


Shambhavi Kriya can dramatically improve sleep quality

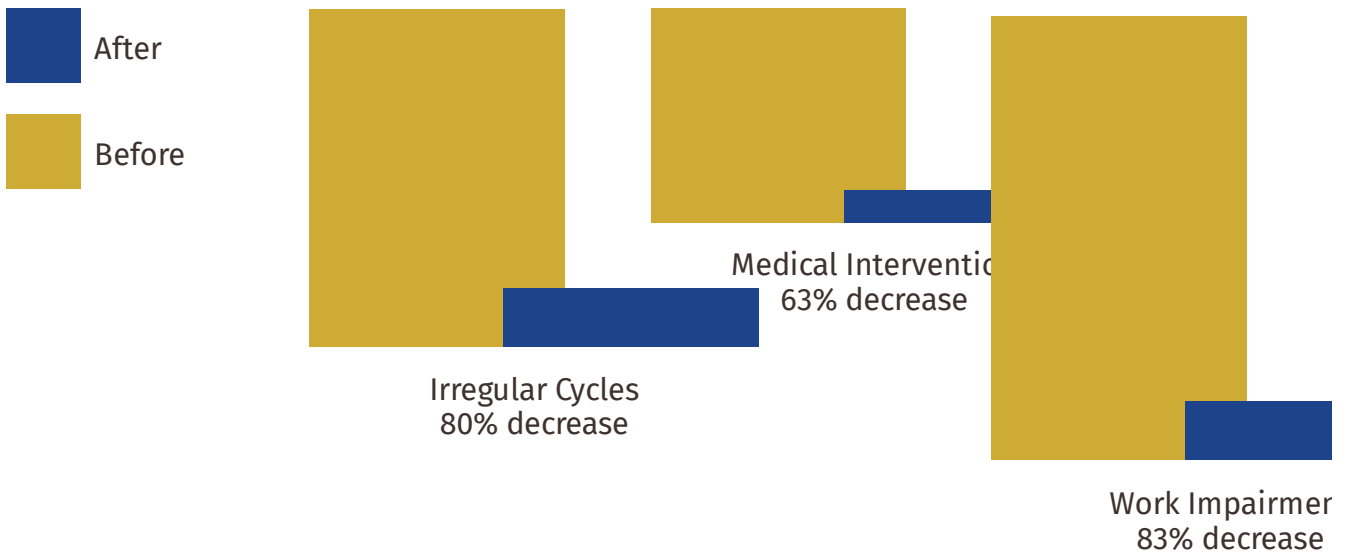
The average adult's sleep consists of 20% REM sleep whereas the average infant's sleep consists of 50% REM sleep. With regular practice, it is possible for one to "sleep like a baby."

Shambhavi Kriya Reduces Menstrual Disorders

A study (Needhirajan et al) was conducted to measure the impact of *Shambhavi Kriya* on menstrual disorders. Regular practice of *Shambhavi Kriya* significantly reduced the symptoms for a variety of menstrual disorders.



Studies have proven that those practicing the Shambhavi Kriya found a decrease in irregular cycles and the need for medical intervention. They also experienced less interference in work



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Conclusion

Inner Engineering combined with the regular practice of Shambhavi Kriya provides significant benefits for a large variety of health conditions. It doesn't just relieve superficial symptoms but addresses the root cause of ailments, providing you with holistic wellbeing.

Maturi R et al. **Survey of wellbeing in Isha Yoga practitioner.** March 2010

Muralikrishnan K, Balakrishnan B, Balasubramanian K, Visnegarawla F. **Measurement of the effect of Isha Yoga on cardiac autonomic nervous system using short-term heart rate variability.** J Ayurveda Integr Med. April 2012.

Santhosh J, Agrawal G, Bhatia M, Nandeeshwara SB, Anand S. **Spatio-Temporal EEG Spectral Analysis of Shambhavi Maha Mudra Practice in Isha Yoga.**

Vinchurkar S, Telles S, Visweswaraiiah NK. **Impact of Long Term Meditation Practice on Sleep: A Matched Controlled Trial.** International Symposium on YOGism. Dec.2010.

Needhirajan TP, Maturi R, Balakrishnan B. **Effect of Isha Yoga on Menstrual Disorders.**

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